

College to create new communications program

New centre to be established in September 1998 by chairman, president says

By Lisa Kloefer

In September 1998 Conestoga will offer new courses to students interested in pursuing media studies.

College president John Tibbits announced in a press release July 4 a new plan which will bring

changes to the communications studies programs at the college.

Under the administration of Pat St. John, who will join the college in Aug. 1 as chairman of communications studies, the college will establish a centre for communications.

St. John is currently vice-president and regional Director for Power Broadcasting Corporation in Ontario, and has a background in communications as a broadcaster, program director, and executive.

Power Broadcasting Corporation is a division of the Power Corporation which operates 21 radio stations and four television

stations in Ontario and Quebec.

The venture St. John and an action team plan to accomplish is the merger of elements from the graphic design, broadcasting, journalism, and business programs.

Elements to be merged

With the merger, the college plans to create a program of study that will prepare students for the future in media communications.

In an interview, St. John said he has been involved with the college since 1980 and decided to accept the position because he was "always impressed with the people, the calibre of the faculty and

the staff."

He said developing the new program was a great challenge.

Too early for specifics

Although it is still too early for specifics about the changes, St. John said, his team plans to develop an action plan, determine the individual and combined strengths of the existing programs, and interview graduates and those in the industry to understand current needs.

After evaluating the needs of the industry, St. John said they will try to anticipate future requirements.

"We have to meet the needs and

exceed those needs."

In his announcement Tibbits said, "This college is committed to meeting its mandate. We will continue to provide the marketplace with highly trained individuals who have relevant skills that business and industry need."

By merging a number of the existing programs with media tools like the Internet and video conferencing, the college hopes to prepare students for the future of multimedia communications.

In a similar move, Sheridan college in Oakville, plans to offer a journalism — internet/print/broadcast program starting January 1998.

CP/A program doubles intake, hires faculty for September

By Bob Puersten

The computer programmer/analyst program (CP/A) will be adding an additional section of students and hiring teaching staff because of the increased demand to get into the program, said Andy Clow, chairman of computer studies and part-time learning for business and engineering technology at Conestoga.

The CP/A program was originally looking at increasing the first-year intake from 60 to 90 students in September 1997, said Clow.

"It turns out we've got 120."

Because of the additional students, an extra section of 30 students has been added and four or five part-time teachers will be hired, said Clow.



Left — Cassandra Lam and her mom, Linda Le, wait for Cassandra's dad Kenny Lam as he lines up to pay his tuition fees at the Student/Client Services building July 11.



Right — Students line up to pay their fees at the Student/Client Services building July 11.

(Photos by Pat Craton)

Conestoga speaks up

Team Kitchener to understand college's role, says rep

By Tony Kobilnyk

The immediate benefit of Conestoga's involvement on Team Kitchener will be to educate the members of the committee on how the college contributes to the regional economy, said Wayne Hussey, executive director of Conestoga's department of community relations and Conestoga's representative on Team Kitchener.

"There is also a sense of confidence that Conestoga will attract more international students to participate in various programs that we offer," he said.

Once the recommendations of the committee are clarified over the next few weeks, Hussey said, benefits to Conestoga will become evident.

Team Kitchener is composed of members of the business and edu-

cation community and was introduced by Mayor Richard Christy as a follow-up to the Team Canada trade mission to Asia earlier this year. The team will recommend ways for Kitchener to better market itself to on an international level.

Hussey said he has three roles to play as the college representative for Team Kitchener.

Ensuring the members of Team Kitchener understand Conestoga's role in the regional economy is his primary role on the Team Kitchener task force, said Hussey.

"Companies locate here because of the graduates we produce," he said. "Highly skilled, well-trained people help them succeed globally."

Hussey said the fact that Conestoga was initially omitted from the team suggests that the

mayor may not have been aware of Conestoga's contribution of skilled labor to the regional economy.

The second role of the Conestoga

Companies locate here (Kitchener) because of the graduates we produce."

Wayne Hussey,
Conestoga College's Team
Kitchener representative

representative, he said, is to ensure that the resources of the college can support any new strategy that is developed. This would require the college to evaluate whether

training can be provided to meet the needs of companies who may want to locate in Kitchener, he said.

Bringing the economic development strategy back to the college is his final role as the representative.

Hussey said he doesn't expect Team Kitchener will recommend any dramatic or radical changes. "This is a very successful economy," he said. "We are participating in the 14th most successful regional economy in North America."

However, he said a regional approach for the task force should have been employed rather than simply having Kitchener try to market itself.

"I don't believe it is good government to have Waterloo pitted against Cambridge, pitted against Kitchener to attract a company,"

he said. "Companies would look at the area as an economic unit."

He said the final report of the committee will recommend a promotion plan for approximately the next 24 months and is expected by city council on Aug. 18.

Other members of the task force include: chairman Douglas Brock, vice-president of Midland Walwyn Capital Inc; James P. Haller, president of J.P. Environmental Products Inc.; Frederick W. Hartstock, assistant dean and adjunct professor of chemistry at Wilfrid Laurier University; Michael Johnson, manager of international operations at ITX Stanley Ltd.; Linda Kieswetter, associate director of development at the University of Waterloo; and Joan Sanger, special project manager at R & J Engineering Corporation.

Chinese delegations

Senior educators study Canadian vocational systems

By Pat Craton

A Chinese delegation, made up of eight senior educators and officials from Liaoning province, visited Conestoga July 9.

The delegation was headed by Du BenWei, the deputy general director of the Education Commission in Liaoning province and included Li Ji Xue, the deputy mayor of Jinzhou, a city in Liaoning province with a population of 1.2 million.

Nick Huang, associate director of international development at Seneca College, who accompanied the delegation, said in an interview that the delegation was in Canada to study Canadian vocational systems.

The delegation had two main purposes in mind: the first was to find out as much as possible the relationship between colleges and industries; the second was to look for possibilities of bilateral co-operation between Liaoning province and colleges in the Metro and Kitchener-Waterloo areas.

The collaboration will be in two parts, Huang said. The Chinese will send senior teachers and administrators/educators to receive training in Ontario. Teachers from Ontario will go to Liaoning province to teach English as a second language.



Bill Easdale, vice-president of the school of business (left), receives a gift from Du Ben Wei, head of the Chinese delegation that visited Conestoga July 9. In background, from left — Larry Rechsteiner, director of international education; Kevin Mullan, vice-president for finance and administrative operations; Joe Brookman, associate director of international education.

(Photo by Pat Craton)

The delegation, which had been visiting colleges in Ontario and Quebec, was interested in Conestoga mainly for its wood-working program and to find out more about Conestoga's successful fund-raising ventures with

industries.

Huang said the delegation would like to assign six to eight chairs from Liaoning province to study at Conestoga for four months in the area of academic administration. There might be other possibilities

of collaboration, Huang said. If plans work out, the Chinese could be here as early as January of next year.

The delegation arrived at Conestoga at around 9:30 a.m. and met with a Conestoga delegation

for over an hour. Larry Rechsteiner, director of international education at Conestoga, gave a presentation on the co-operation and relationship which exist between the college and local industries, especially in the area of fundraising.

Conestoga's delegation was made up of Larry Rechsteiner, Joseph Brookman, associate director of international education, Bill Easdale, vice-president of the school of business, and Kevin Mullan, vice-president for finance and administrative operations.

After the meeting, there was an exchange of gifts and the Chinese were given a tour of the wood-working centre, the learning resource centre, the school of business and the electrical engineering wing.

At the woodworking centre, instructor Fred Mott answered questions from the Chinese delegates. In an interview, Mott said most of the questions the delegates asked were general in nature but they were keen to know how the program and facilities were financed.

Liaoning province is situated to the northeast of Beijing and has a population of about 50 million. The delegation represented 120 universities, colleges and vocational high schools in Liaoning province, Huang said.

Conestoga hosts power ministry delegation

By Pat Craton

Conestoga hosted a delegation from China July 14, making it the second group from that country to visit the college in five days.

Joseph Brookman, Conestoga's associate director of international education, said the group of five represented a number of electrical colleges and the Ministry of Electric Power in China. The group was visiting Conestoga and several other colleges in the U.S. because it is interested in learning how students are trained in North America. Brookman said the

Chinese are trying to improve on what they have, so they can supply the increased demand for electricity in China.

The Chinese were taken to see Conestoga's up-to-date electrical equipment and learning facilities at the Detweiler Centre. George Woods, professor in the electrical engineering program, and Hans Zawada, chair of the technology, trades and apprenticeship program conducted the tour.

The following day, the group, accompanied by Brookman, visited the Detweiler Transformer station in Kitchener and North

Waterloo Hydro because the Chinese wanted to look at the billing and marketing methods of power companies here.

The Chinese interpreter, Sun Miaofoi, who is the director in the Foreign Affairs Office at Zhengzhou Electric Power College, said the group was very happy to see the college's facilities. "Some of it is very advanced and different from what we have at home." She said the group was in North America to become familiar with its education system, methodology and ideology.

The connection with Conestoga and some members of the group was initiated in Zhengzhou earlier this year when Brookman and Larry Rechsteiner, director of international education, visited the Zhengzhou Electric Power College during their Asian tour. Brookman said this delegation received the approval of the Electric Power Council of China which selected the colleges that made the trip.

Rechsteiner said the group was mainly interested in sending specially designed study tours to come to Conestoga.

Four courses to be offered on the Internet in fall semester

By Bob Puersten

Continuing education at Conestoga will be offering four courses on the Internet starting September 1997, said the chairman of computer studies and part-time learning for business and engineering technology.

Two of the courses, computer programming C1 and computer programming C2, were developed by Ignac Kolenko, a continuing-education teacher at Conestoga, Clow said.

The other two courses, introductory accounting and macroeconomics, are offered through Algonquin College and were picked up by Conestoga through Contact South, a consortium of 12 colleges which Conestoga belongs to, which allows for the sharing of Internet courses.

The courses will be conducted by e-mail, said Clow, and the courses are like distance education with a teacher available through e-mail.

"It (an Internet course) gives the student the choice of working where and when they want."

Clow said all of the work for an Internet course must be done by a set deadline before the final exam.

While there are no intermediate deadlines in the Internet courses, students will be warned at the start of the course not to dump in all of their work in the last week if they want an indication of how they are doing before the final exam.

Student employment

Job postings exceed total for '95-'96 school year



Karen Parrinder, alumni and student employment assistant, posts jobs on the jobs board outside student employment, co-op education and alumni services office (Room 2B04) July 10.

(Photo by Bob Puersten)

By Bob Puersten

Conestoga's student employment centre has received postings for about 1,500 jobs; about 300 over the number of postings received from September 1995 to August 1996, the student employment officer said.

"We're really, really busy in here," said Laurie Doersam. "The economy is definitely turning around."

Doersam said the student employment office is receiving around 50 job postings per week and that a lot of these are for full-time and con-

tract positions.

"Contract is an excellent way to get your foot in the door at a company."

"We're really, really busy in here. The economy is definitely turning around."

Laurie Doersam, student employment officer

There has been an increase in the number of jobs coming in for most categories at Conestoga, Doersam said. Technical jobs and those requiring business skills have especially increased, said Doersam.

Doersam said that day-care centres looking for early childhood education students have not been posting jobs at Conestoga, even though graduates from the program have been finding jobs.

Camping on campus at Conestoga

By Ian S. Palmer

When little Billy or Susie were sent to summer camp in the '60s and '70s, it usually meant packing two week's worth of clothes, then boarding a bus for a three-hour journey into the northern wilderness.

Things have changed since then. Now children are able to enjoy the adventures of camping closer to home.

Marlene Ford, Conestoga's athletics program assistant, said the college offers three summer camps for children which operate in two-week sessions, from June 30 until Aug. 22.

Ford said The Summer Fun Camp is for children aged five to nine. This camp gives children an opportunity to participate in low-organized games and sporting activities along with learning to

make various arts and crafts.

The Multi-Sport Camp, said Ford, is for children aged 10-14. This camp combines instruction for sports such as badminton, basketball, volleyball, tennis and soccer, along with some recreational activities including swimming, games and crafts.

The Adventure Camp is also designed for children aged 10 to 14 and concentrates on outdoor activities

including, games, crafts, orienteering and outdoor cooking, said Ford. This camp also includes an overnight camp-out on the second

Thursday of each session. She said campers also go fishing at the Grand River and have the opportunity to make their own fishing rods.

The Summer Fun and Multi-Sport Camps cost \$140 a session and the Adventure Camp costs \$160.

Ford said the camps were advertised in the Kitchener-Waterloo Record and through ad flyers sent to local schools.

She said all three of the day camps participate in special

activities together during the sessions. These include swimming and some schoolbus trips to local fun water spots such as

volunteers who act as leaders in training. The supervisors work the entire eight weeks and were all given a week of training, said Ford.

She said six supervisors are returnees from last year and the job opportunities were generally spread by word of mouth by people who knew about the camps.

Ford said the camps run from 8 a.m. - 5 p.m., Monday to Friday, and the campers are given one hour for lunch. She said the children usually bring their own food but may purchase lunch at the Roost if they desire. She said Fridays are usually barbecue or pizza days at the Roost, with hot-dogs being cooked or pizzas ordered from Dominos.

Ford said the college has been offering the camps to local children since 1983 and about 65 campers are currently enjoying the first session.

"The kids are here to have fun, so are the leaders. We've received positive comments from parents and things are going well."



Adventure campers enjoy the campfire during their camp-out July 10. From left — Julie Feddema, Amber Vanwyck, Theresa Kienitz, Marcia Hodge Ryan Pink, Aaron Loucks, Terran Long, Michael Mertes, Adam Wells.

Marjorie Carroll skills lab responds to modern nursing

By Ross Bragg

The Marjorie Carroll skills lab at Conestoga's Doon campus has responded to the changing nature of the nursing profession, said lab technician Bev Barr.

"When I was a student, we learned a few advanced skills like how to take a client's blood pressure and body temperature. Now nurses are learning how to access a client's abdominal pains, use stethoscopes and check on breathing tubes."

The lab, named after a former mayor of Waterloo, has 30 beds and 10 mannequins on which students can practise the nursing techniques they learned in the classroom. Barr said it is one of the best equipped nursing labs in Ontario.

The lab has five full-size mannequins with holes over their mouths so nursing students can practice maintaining feeding tubes and other advanced nursing techniques.

The mannequins also have lac-erations or other additions so students can practise proper

techniques for the changing of dressings.

Five mannequin babies in bassinets are used to simulate conditions in a nursery.

Barr said these new demands of the profession have meant nurses who were trained 10 or 20 years ago are returning to the lab to learn the more advanced skills of modern nursing.

"Even some of the basic skills like handwashing are very important," she said. "Proper handwashing is especially important with a rise in drug resistant antibiotics."

Using the lab helps give the nursing students confidence to comfortably use the skills they learn in school, said Barr.

"Students can practise how to treat a client in the lab before trying a particular technique in the hospital for the first time. This helps keep both the client and the nurse safe."

"It is one thing to learn how to do a technique in the classroom. It's another thing altogether to do that technique when someone is watching."

She said government cutbacks have meant hospitals are sending clients out of the hospital bed and into home earlier. "VONs (Victorian Order of Nurses) or other nurses working in the home have to know how to maintain a client's intravenous lines or (kidney) dialysis units as well as help with bathing or giving medication."

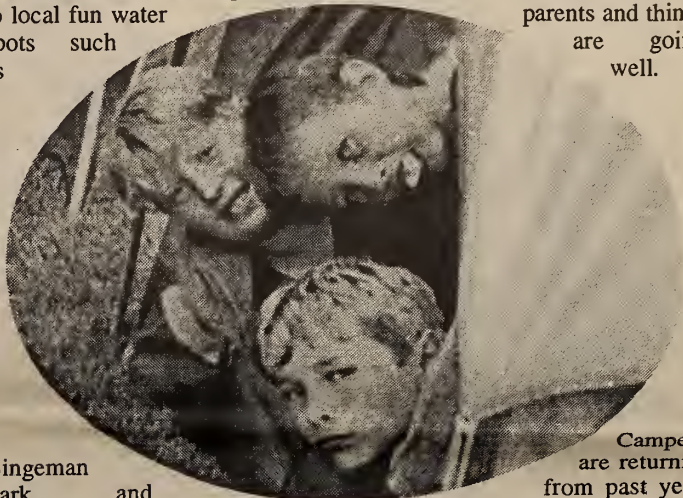
The skills lab is not just used for training nurses, said Barr. Beginning in September, the lab will also be used by students training to be occupational therapy assistants or physiotherapy assistants.

They will be using the lab two hours a week to practise the techniques they learned in the classroom.

The lab is an essential part of the health sciences department, said Barr.

"We don't just teach nurses how to change a dressing. The lab lets students role play so they can go through each stage of a client's care, from problem solving to prioritizing which procedure to do first."

activities together during the sessions. These include swimming and some schoolbus trips to local fun water spots such as



Bingeman Park and SportsWorld.

She said the camps also unite on the first Friday of the session for events such as Olympic and Carnival days.

Each camp is supervised by a senior leader, a leader and an assistant leader, who were hired from a list of 25 applicants. There are also

Michael Mertes, (top left) Terran Long, and Aaron Loucks (bottom) ham it up during the adventure camp-out.

is still room for campers who wish to sign up for one of the remaining sessions. Please call (519) 748-3512 for more information, or visit the Kenneth E. Hunter Recreation Centre at Conestoga College.



Lisa Hayes of Guelph, a transfer student from Humber College, already has her hands full, even before she officially joins Conestoga's nursing program. Hayes, a third-year student, was visiting the nursing skills lab July 11. (Photo by Pat Craton)

Smoke-free Entrances

As a result of concerns from various college students, employees and visitors, the following entrances are designated smoke-free effective August 1, 1997.

- * Doon Main building Doors #1 and #5
- * Student/Client Services building
- * front entrance (beside Parking Lot #8)

Please watch for the signs and refrain from smoking at these entrances.

Smoking continues to be permitted at:

- ✓ Doors #2, #3 and #4 at the front of the Doon Main building
- ✓ the many entrances at the back of the building
- ✓ the back entrance of the Student/Client Services building.

perspective SPOKE



Evander Holyfield: the real meal?

Okay, I admit it. I don't pay much attention to professional sports, least of all boxing, but even I heard about the whole Mike Tyson-Evander Holyfield ear-biting thing.

If you don't know by now, Tyson bit off a piece of Holyfield's ear during a heavy-weight boxing match a few weeks ago, and the whole sporting community has been reeling ever since.

Shortly after the incident, Tyson held a press conference, and claimed he had "snapped" at that point in the match because, I guess, he was losing.

Hmmm... that's a great example for kids who call Tyson their hero. If you're losing, just bite the guy and you'll feel better.

Of course, this incident is nowhere near

as traumatic as the John Bobbit saga, but you'll have to admit, there are similar elements: losing a body part, then getting it back, the ensuing media frenzy, and so on.

Except everyone seems to have forgotten about Tyson's actions already. Even Holyfield seems calm about it all.

A few days after the match, Holyfield appeared on David Letterman and acted as if nothing out of the ordinary had happened. He talked about how he understood why Tyson had done what he had done and seemed to accept Tyson's explanation.

A diplomatic response? Perhaps, but it seemed a little too polite, considering the circumstances.

Holyfield, although he has an impressive list of accomplishments in the boxing world, is always going to be remembered as the boxer who had a piece of ear bitten off during a match. And he'll always have his new nickname

following him around: the real "meal" Holyfield, modified from the original, real "deal".

And what does Tyson face? Sure, he'll lose a little money and some of his fans will never look at him again with the same kind of respect they once had for him.

But one thing's for sure: people will forget about what he's done and he'll be accepted into the boxing community once again, Don King and all.

It's not like Tyson's never gone through a comeback before. He had to re-enter the boxing world after his stint in jail for rape, and look how easy that was.

Of course, people still mention his rape conviction once in a while, as I'm sure they will his ear biting, but this aside, what has really changed for Tyson? Nothing.

Before we know it, Tyson will be back to professional boxing, once again impressing the powers-that-be.



Anita Filevski

Childrens' safety will have high costs

For the first time I agree, at least in part, with a Harris government decision.

The decision I agree with is the recent legislation that children who are living in families in which their lives are at risk should be taken out of that environment.

The part I am unsure of is, how is that going to be dealt with?

The government took away a whole lot of the funding from Community and Social Services.

What are we going to do with these kids?

Family and Children's Services and Children's Aid Societies fall under the mandate of Community and Social Services, and they would be the agencies that would deal with these situations.

At the time the cuts were made, for some reason, it was the government's belief that these agencies were receiving too much money.

Upon what, the government based its decision to cut funding to these two essential agencies is fodder for another column.

In defense of the Harris government decision, funding was cut before the full story about a fire that caused the deaths of four Kitchener kids came to light.

We know now part of the reason kids at risk in their families have not been monitored more stringently is because of a

lack of proper training for social workers and social services workers.

Now we realize we not only have to pay for better training for the present social workers but we have to pay to ensure proper training for future caregivers dealing with the kids.

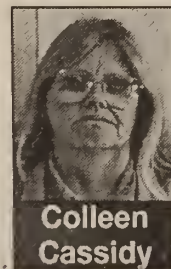
That's going to take money.

Money that the agencies that will be on the frontline in these situations don't have.

Harris's plans to cut taxes may have been a short-term bandage solution to an ailing economy.

Problems exist and new ones will be cropping up and there is a strong possibility that the majority of them will require money.

It like the provincial government might be painting itself into a corner.



Colleen Cassidy

Flag opens many doors

Being Canadian is amazing, I think. A backpack sporting a Canadian flag can open the door to many conversations in foreign countries. Not that I've been to a lot of foreign countries. I did spend five months in Britain and the Republic of Ireland four years ago after I graduated from university. With my colonial identity humbly wrapped in a flag, my travel experience became a reference point for my life.

I spent a lot of time in Didsbury, a suburb of Manchester, England, and volunteered at a Church of England primary school in the village. On my first day, Miss Frost, the teacher, introduced me to her class of well-behaved, decidedly British-looking four- and five-year-olds. They were rosy-cheeked and expectant, dressed in their navy and grey uniforms.

She told them I was from a country that started with the letter 'C', and asked them to guess which one. Their answers ranged from California to Cuba to Costa Rica, the combined land mass of which would perhaps fill the province of Newfoundland. Canada was not one of the ones they guessed, although they decided from my accent that I must be from "America". Being the passionate Canadian that I am, I assured them I was not. Emphasis on "not".

A couple months later, while boarding the ferry from Dun Loughaire, north of Dublin in the Republic of Ireland, to return to Manchester after a couple weeks with my Irish pen-pal, I spotted two women with Canadian flags on their knapsacks. After some conversation, one told me that she attended University of Waterloo, and actually lived on my street in Waterloo. The other woman was her American cousin; wearing a Canadian flag. Go figure.

I also volunteered at an inner-city mission run by a local church in Manchester. The kids there were tough and streetwise but just as fascinated with my accent as the primary school children. They succeeded several times in getting me to say the name of my country before I caught on to the game. They repeated "Canada" after me, attempting to imitate my accent, but with their strong Mancunian (native of Manchester) inflection it came out sounding more like "Caanhadah". Stompin' Tom Connors couldn't have said it better.

One day, while disembarking a bus, a man noticed the flag on my knapsack and initiated a conversation. He had worked for the Canadian Housing and Mortgage Committee in Toronto for 12 years, and even knew where my hometown of Markdale — population 1,300, in Grey County — was. We chatted as we walked from the bus stop, and as we parted he pressed his fingers into my arm and said, "Do everything that you want to do now. See everything that you want to. You're young and energetic. Don't think you will come back and do it, because life gets too big, and before you know it, you're old and grey, and it's too late."

He spoke so urgently I was left with a lasting impression that has influenced not only the way I travel, but how I live life. There were so many times when I was given that same message in the months I travelled and worked in Britain, words spoken by people who had never met me, and whom I have never seen since, but who had spied the flag on my knapsack and used it as a springboard to impart their own wisdom and, perhaps, regrets.

Seize the day. Make your life extraordinary. Wear a Canadian flag.



L. A. Livingston

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Drop us a line.

We welcome your comments and suggestions.



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All-star experience

Turcotte hockey school returns to recreation centre for fifth year

By Andrea Bailey

Players from all over southern Ontario have turned out for the Turcotte hockey school which returned for its fifth consecutive year to the recreation centre at Conestoga July 7, said the company's manager of Canadian operations.

Yvan Turcotte, the brother of the Montreal-based school's owner, Real, said time permitted him to oversee the instruction at Conestoga for only one day. From what he saw, he said, the school has a lot to offer youngsters.

"Our school considers ourselves the stickhandling specialists of the world," said Turcotte. "There is no other school like us."

He said the school, which is into its 26th year of operation, teaches children 10-15 years of age how to handle a puck, perform different fake-out manoeuvres on opponents and construct movements of skill to a hockey stick.

"We take the kids through the moves in slow motion," he said. "Nothing is hurried. We start slow and gradually move into a faster pace as the players gain more experience."

Turcotte said it's difficult for the players to gain a lot of knowledge

and skill over the three-week program.

"If the players come back year after year and practise on their own during the rest of the year, their skills will improve faster than if they only attend this school once a year," he said. "You can't expect much in a couple of weeks, but I promise that no matter how good the players are before coming to this school, they will be better when they come out."

He said the school focuses on 20 stickhandling moves over three weeks. "That's why there's always a lot of interest in the school."

The specific instruction in stickhandling techniques, Turcotte said, has attracted many famous NHL stars in their younger days.

"We've taught many of the great ones," he said. "Players like Pat Lafontaine, Mike Modano, Steve Yzerman and Eric Lindros have all come out of our school."

As in past years, he said, the school has employed qualified instructors from all over the continent.

"Most of our instructors are either college players or former college players who, in a lot of cases, have attended our school when they were younger," said Turcotte. "In Kitchener, right now,

we have Doug Rutka, whose father is one of our school's local contacts, and Mike Litza, who is from Chicago.

"Our instructors provide the players with a lot of encouragement and sound experience that they can take with them in their

futures in the sport."

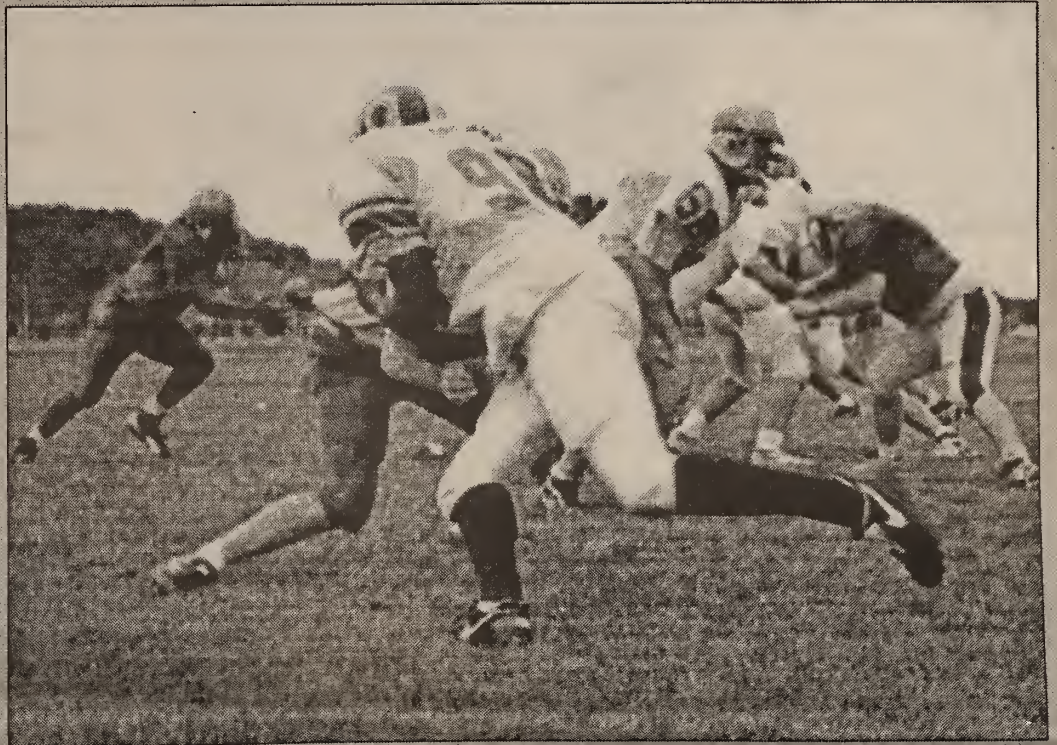
He said the school is open to boys and girls of any skill level. The only exception, he said, is in the elite program, where players are usually at the double A level of skill when they sign up.

He said the school has contacts

in most areas of Canada and the U.S., but players can register by calling the school at 1-800-565-3433.

"The turnout has been pretty good at the college this year," said Turcotte. "We will definitely be returning to Conestoga next year."

In the rough



Randy Spencer (front), of the All-Pro football camp, attempts to block a teammate as Ben Cousineau receives the ball. The camp took place on the college sports fields from July 6 - 9. (Photo by Andrea Bailey)

9 seasoned players leave softball team

By Andrea Bailey

The Conestoga women's softball team that fans will see in the fall will have a new look, said one of the team's head coaches.

"We've lost a lot of last year's team through graduation," said Yvonne Broome, who, along with her husband Brian, has coached the women for the past two seasons. "We will have a few returners, but we're not sure who they will be yet."

Broome said it may be difficult to put together a high-calibre team, like the teams from the past two seasons who won consecutive gold medals at the Ontario Colleges Athletic Association (OCAA) championships. But, she said, she is confident that the new players will be hard workers who want to do well.

"All positions will be open," she said. "We are losing nine of our 14 players from last year. That's why the returners will have to be the support for the new players."

Broome, who has coached with the Provincial Women's Softball Association, said she and her husband will be looking for team players who will accept whatever role they are asked to perform.

"A united team is what wins championships, not individual players," she said. "We have never cut a player in the last two years. The players will cut themselves if they are not doing as well as they think they should be, but there is

always a role on the team for everyone."

She said, though dedication to the team is important, the players first priority has to be education. "If there are any time conflicts between school and softball, school will always come first."

Broome said the coaching staff tries to instill a standard of excellence in the team each season.

"We went to Notre Dame in the States for a tournament and saw what a true standard of excellence is," she said. "Since then, our team has carried high expectations in all areas both on and off the field."

Broome said, though she looks forward to the fall, she will miss all the lost players from last year's team.

"Everyone had a key role with our team," said Broome. "Players like Fawn Day and Jane Seifried won the MVP awards for our team. Marsha Miller won the coach's award as well. But I can go through each player and name their strengths. Everyone was invaluable and will be equally missed."

She said the coaching staff will run a practise, probably during registration the week before classes begin. This will be an optional introductory meeting, she said, for those interested in playing.

Broome said the first try out will probably be the first day of school.

Any full-time female student from any campus is eligible to play for the team, she said.

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Coming out difficult experience for youth

By Hélène Beaulieu

Melissa MacDonald admits that her experience with coming out as a bi-sexual woman to her parents is probably not very representative of what many gay, lesbian or bi-sexual people go through.

"I had a very positive experience. My mother lit a cigarette and pretended not to be shocked. My father walked over to me. He laughed, ruffled my hair then walked away. He made k.d. lang dyke-jokes all week so I knew he was alright with it."

MacDonald, coordinator of the Gay and Lesbian Liberation of Waterloo, writes a regular column for the University of Waterloo's newspaper, Imprint, called Outside the Lines.

She said she has found a general trend, where the same sex parent feels that his or her own sexuality is threatened when their son or

daughter comes out.

"For my mother it took about a month and a half before we really sat down and talked about all the implications and what it meant."

MacDonald said that for her



Melissa MacDonald

mother, it was a chance to put her liberal values to the test. "She'd always said that she accepted homosexuals. But now it was her daughter so it was on a more intimate, personal level. It was quite a challenge."

Unfortunately, for many gay, lesbian, bi-sexual and transgendered (GLBT) youth, coming out to their families is more difficult, an experience that is compounded by society's general lack of acceptance and understanding.

Jamie Slater graduated from Conestoga's journalism program in 1992 and currently works as the community development project coordinator for the Lesbian, Gay, Bi Youth Line out of Toronto. Slater said there are many issues facing GLBT youth that are not addressed.

He said that a high percentage of street youth are gay or lesbian therefore making the need for

shelter a major issue.

"A large reason why youth are on the street is because they're getting kicked out when they're coming out to their parents," he said. "A lot of the existing shelters do not advertise that they have gay or lesbian youth, but certainly they do."

Three years ago, Evie and Matthew Hill the local contacts and facilitators for the K-W/Guelph chapter of PFLAG, learned that their teenage daughter is lesbian. (PFLAG stands for Parents, Families and Friends of Lesbians and Gays.)

Evie Hill said that learning of her daughter's sexual orientation explained for her and her husband many of the behavior problems they had been dealing with.

"Stuff that comes from going to a high school that in many instances is fairly homophobic," said Hill.

"Gay and lesbian youth are invisible within the whole school system," said Slater. He said, although he knew of his sexual orientation for a while, he didn't come out until he had finished college.

Hill said that her relationship with her daughter has improved since finding out.

"As a parent, it's hard to deal with because you have to separate what (behavior) is coming from teenage rebellion and what is from living in a homophobic society."

Hill said the most important thing for parents of gay, lesbian or bi-sexual teenagers to do is to listen to their kids.

"In spite of all the rebellion, they want you to accept them, and if you can learn to listen to each other, it's not too difficult," she said.

"The important thing is that they love someone."

ALL ABOARD...

Waterloo and St. Jacobs linked by vintage '50s train



Ken Silvester provides a running commentary about the train and railway for passengers waiting to board.



A 1950s Streamliner train shuttles tourists between Waterloo station and St. Jacobs. The trip takes about 45 minutes one-way.

Photos by
Craig Vallbacka



From left: Marilynne Gough, Madeline Grimm, Sharon Giles and Norma Steinman sing in front of the Streamliner at the Waterloo train station on its first day running. The quartet are known as a group called With Our Compliments.



Passengers board the train at Waterloo train station for its first journey to St. Jacobs at 10:30 a.m. on July 12. The train will make daily trips until Oct. 13 then run only on weekends until Nov. 13. Round-trip fares are \$8.50 for adults, \$7.50 for seniors and \$5.50 for children.

Waterloo entertainer finds musical calling

By Lynn Jackson

For Waterloo singer/guitarist Adrian Jones, pursuing a future in music "has never even been a question."

"It's the only thing that interests me enough to want to do (as a career)," he said.

A former music major at Wilfrid Laurier University, Jones said he has been performing at local clubs for about seven years now. He said he didn't complete his degree at WLU because he didn't want to become "a white-collar gig."

"I found that school didn't leave me with enough time to do the things that were really important to me. University wasn't really helping me achieve any of my goals," he said.

Jones said he also realized he didn't need school to teach music, something else he said he enjoys.

A teacher of vocal and guitar to his 30 students, Jones said, "I love it. I really like dealing with people and kids are great. I have a lot of fun when

I teach," he said. "I also like how happy it makes people when stuff clicks for them musically. It's exciting for them and me."

Describing his music as "acoustic, modern rock," Jones gives solo performances as well as shows with his band Snack.

Snack features Kim Reginal on alto and baritone sax, flute, clarinet, bass guitar and vocals, and Jones on guitar and vocals. Though the band presently has only two members, Jones said it used to be full-size.

"Snack had a full band at one time, but we had trouble keeping a line-up (of members) that would stick," said Jones. "I know I'd like to put a band together again because it's really fun."

Jones cites such musical influences as Catherine Wheel, Ani DiFranco, Dave Mathews Band, Bob Mould and Lou Barlow of the British band Sebadoh.

"It's the song writing that catches my attention, not stellar musicians. These people just amaze me for song writing," he said.

Jones describes his own songwriting as dark. "I deal a lot with social issues and personal issues. They're not bright, cheerful songs, but some of them are funky."

"I deal a lot with social issues and personal issues. They're not bright, cheerful songs, but some of them are funky."

Adrian Jones, musician

With teaching, rehearsals and performances three or four nights a week, Jones said he has little time for himself. "A lot of my leisure time involves music and writing," he said.

With Snack working on its first CD, to be released in late fall or early winter, Jones

said his chief ambition is to earn a livelihood making his own music.

"My main goal is to make a living playing my own material, and to be able to have people hear what I have to say and hopefully enjoy it as well," said Jones.

Catch Jones' solo act on Tuesday nights at the Circus Room, located on King St. in Kitchener or Friday nights at the Olde English Parlor in Waterloo. Those interested can also take in Snack's performance at the Circus Room on Aug. 6 with opening act Cindy Clasper.



Local musician Adrian Jones practises and teaches both guitar and singing in his home in Waterloo. His goal is to make a living playing his own material and having people find some meaning in it.

(Photo by Lynn Jackson)

L'I stinker



On the evening of July 14, a baby skunk was spotted digging for bugs on Doon campus across from door 5. He has been seen by students several times since.

(Photo by Tony Kobilnyk)

School offers students chance to learn about arts

By Anita Filevski

The School for the Performing and Visual Arts will offer three programs at Kitchener's Centre in the Square until July 25: performing arts, visual arts and technical arts.

The school is sponsored by The Centre in the Square, the Waterloo County board of education and the K-W Art Gallery, said a press release.

The school takes on over 150 students, from the ages of 11 to 17, and places them in various levels according to their capabilities. These capabilities are showcased during the student's audition, in which the directors view the student's talents.

Students participating in the programs will get a chance to work with professionals working in various arts fields, said the release.

Once such professional is Cindy Touthan-Brnjas, the school's artistic director. Touthan-Brnjas has worked in all the major

theatres across the country as a performer, stage manager, director and choreographer. She has been involved with the school since its beginnings in 1984, and is stage managing the Stratford Festival's *Camelot* this season.

On July 25, students will present what they have been working on to the public. The visual arts students will show their work at the K-W Art Gallery at 6:30 p.m., said the release. The students from the other two programs, performing and technical arts, will present their talents in a showcase at 7:30 p.m.

Tickets for the showcase are \$8 for adults, \$6 for seniors and children under 12. They are on sale at The Centre in the Square's box office at (519) 578-1570 or toll-free at 1-800-265-8977.

For more information about the performing and visual arts programs, contact Steve Roth, school administrator, or Alice Mak, administrative assistant, at (519) 578-5660, extension 259.

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Yoga: balance of mind and body

By Lynne Thompson

According to Bruce Crosby, yoga is, unlike other forms of exercise, a comprehensive activity which benefits a person physically, mentally, emotionally and spiritually.

Crosby, a Waterloo instructor who has been practising since 1992, said those who practise yoga regularly have stronger muscles and increased flexibility, are more relaxed, and spend less time going to chiropractors and massage therapists because their pain has decreased.

He also said studies have shown that those who meditate regularly rebound faster from stress.

Another benefit of yoga, said Crosby, is that it can be used as therapy for alignment, postural and spinal problems and for relieving the pain from muscular dystrophy.

Yoga, which means yoke or union, takes many different forms, all of which are designed to achieve an inner state of union or balance.

"In its highest state," said Crosby, "it is aligning the self with divine spiritual forces, and there are many different styles that will do that."

Crosby said he teaches and practises two styles of yoga.

Hatha is made up of asanas,

which is the physical practice of yoga postures, and pranayama, which is the breathing practice.

Hatha is designed to strengthen and balance the physical body.

"It's designed with the intention of balancing your system and to make you aware of how you do movements. It's maintaining awareness of what you're doing, your breath and your body movements," said Crosby.

"The mind is like an untrained puppy it will wander."

Bruce Crosby, yoga instructor and college faculty

The other style of yoga Crosby practises is Raja which encompasses Hatha yoga, but also includes meditation.

"Strictly speaking, Hatha doesn't involve meditation," Crosby said. "Hatha focuses primarily on the physical, the energetic. Raja also deals with the mental mind."

Another method for keeping oneself healthy mentally is meditation. Crosby said there are two main styles of meditation.

The first involves focusing exclusively on one thing which is of sig-

nificance to the person, whether it be a mantra, a mental image or a physical object.

The goal of this style of meditation, said Crosby, is to develop deep concentration and to help the mind move beyond its normal state to an intuitive or non-thinking level.

The second style of meditation involves bringing awareness to all experiences, and to exclude nothing.

"The mind is like an untrained puppy," said Crosby, "It will wander. The power in this style of meditation is that we start to discover where the mind does go. We start to see the changing nature of our thinking."

According to Crosby, essentially anyone can practise yoga and meditation. He said the only equipment required is a large, cushioned floor space and loose clothing.

He recommends that, in order to prevent injuries, people learn the movements from a certified instructor.

Crosby said he teaches classes to everyone from beginners to advanced yoga students. There is usually a maximum of 12 students in a class. Sessions last from 10 to 14 weeks, and cost about \$10 for an hour-and-a-half; students get a 10 per cent discount.



Yoga instructor Bruce Crosby practises the Half-Spinal Twist which is designed to balance, align and increase the flexibility of the spine.
(Photo by Lynne Thompson)

Massage therapy offers ailment relief

By Ian S. Palmer

Throughout the ages, massage parlors have often been associated with the seedy side of life, but in reality registered masseuses are licensed and regulated by the government.

Ian Brown, who has been a registered massage therapist (RMT) in Cambridge for two years, said a lot of hard work goes into becoming an RMT.

"It takes two years of schooling, which is similar to pre-med school, and then you have to write an exam in Toronto which must be passed before you are issued a licence."

Brown took his training at the Canadian College of Massage and Hydrotherapy, in Sutton Ont., one of three such schools in the province. The other two are located in Toronto.

"You really have to know the anatomy of the human body to be successful," he said. "We also took courses in physiology and pathology."

He estimated the cost of the two-year course to be about \$11,000.

"It's probably about \$13,000 now. We also have to renew our licences yearly which costs about \$375 and we are required to take courses in the first three years of practicing which are anatomy or



RELIEF — Ian Brown, a registered massage therapist relieves the pain in Jen Tell's neck.

(Photo by Ian S. Palmer)

treatment related."

Brown, who makes housecalls with a portable massage table, and works out of Cambridge Physiotherapy and Romeo's Hair and Spa, said massage therapy is a treatment that works well to

relieve stress, but also does much more.

"A lot of people think massages are just used for relaxation or to relieve stress buildup, but massages help treat anything from headaches to backaches and nerve

entrapment."

He said massage therapy is becoming more popular even though it isn't covered by the Ontario Health Insurance Plan (OHIP). "I charge \$35 for a half-hour session and \$55 for an hour,

which is pretty standard. A lot of patients are covered through work benefits and some of them are sent to me from the Workers' Compensation Board."

Brown said each patient is given an assessment when they visit him. "Each massage is different depending on the person's ailment. I check out their range of motion and try to pinpoint where their pain is coming from."

He said some patients need to see him twice weekly while others visit him once every three to four weeks.

When asked about unregistered massage parlors, Brown said, "To each his own. I think the average person realizes these establishments are not regulated and are usually used more for entertainment purposes."

He did say they may be cutting into the regulated massage business though.

Brown said his patients are covered in a blanket and the only part of the body that is revealed is the part being worked on.

He said 80 per cent of his clientele are female. "I think a lot of guys may be homophobic and don't really feel comfortable being massaged by a male. I think it's a lot easier for a woman to make it in this business because of this."

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From burger to bulgur: a restaurant owner's evolution

By Ellen Douglas

After six years in the burger business, Seb Amorim said she never wants to see a hamburger again for the rest of her life, and considering the type of restaurant she owns now, she may never have to.

Amorim is the new owner of Vegetarian Restaurant by Rose, located at 722 Belmont Ave. in Kitchener. She took over the restaurant on June 1 this year.

Her new ownership comes just three months after she sold Jeans Hamburger, a fast food restaurant located at the Frederick Mall in Kitchener.

"I just got sick of doing the same thing for six years so I sold it. I had no intentions of buying another restaurant," she said.

In April and May she tried owning a vintage clothing store but she found it wasn't for her. "The clothing business is very slow paced; you sit around a lot."

Amorim is not a vegetarian herself; she said she doesn't like red meat. "But you can't take away my fish," she said.

However, she said she had no trouble learning to cook vegetarian meals. "It's very simple," she said. "All you need are fresh veggies and a lot of spices."

She said that one of the big differences between owning the fast

food restaurant and the vegetarian restaurant is the freedom she now has in creating the food.

"At the other restaurant, almost everything was already prepared. Here everything is made from scratch. You can only do so much to present a burger."

Vegetarian Restaurant By Rose is one of only two vegetarian restaurants listed in the Yellow Pages for Kitchener-Waterloo.

"At the other restaurant, almost everything was already prepared. Here everything is made from scratch. You can only do so much with a burger."

Seb Amorim,
owner of
Vegetarian Restaurant by Rose

Amorim said she kept the restaurant's original menu, but she will be adding some new items in the fall.

To get ideas for new dishes she said she has gone through

"cookbooks galore, probably more than she had previously looked at in her whole life." She also said she has learned a lot by talking to customers and finding out what they would like to see.

The menu at Vegetarian Restaurant By Rose has been the same since it opened seven years ago. She said she thinks people are ready for a change, but she added that any items she adds will still be vegetarian, with little or no fat.

Many of Amorim's customers have trouble eating certain foods. For example, they may be allergic to dairy products or they may have heart problems which restrict them to a low-fat diet. "We'll be able to tell you the exact ingredients of each meal," she said.

Amorim said she is also surprised at the number of young people who are in to health, vegetarian food. "Working at the fast food restaurant I thought every teen just ate burgers and fries."

"In the restaurant business you have to be able to relate to a two-year-old, right up to an 80-year-old. You have to be very flexible."

But she said she is enjoying every minute of it so far. "I'll probably keep doing it the rest of my life," she said.



Seb Amorim, the owner of Vegetarian Restaurant by Rose, sells a bowl of tabouli salad which includes the wheat bulgur.

(Photo by Ellen Douglas)

Nutrition trends in the 1990s include poorer eating habits

By Rebecca Eby

Although 70 per cent of Canadians are concerned about health and nutrition when choosing food, only 20 per cent actually adjust their diets, said the community dietitian/nutritionist at the Woolwich Community Health Centre.

"People are thinking about nutrition more, but not translating it into their eating habits," said Jane Curry Weber.

"People want things that are convenient and fast. That translates into higher fat and salt diets with fewer vegetables and less fibre."

She said this trend toward microwavable, processed and fast foods started in the 1980s when more women began joining the workforce. Since then, the trend has gained steam, and overall eating habits have worsened throughout the 1990s.

Curry Weber recommends including three to four food groups in each meal and following Canada's Guidelines for Healthy Eating to ensure proper nutrition.

The guide says to enjoy a variety of foods; emphasize cereals, breads, other grain products, vegetables and fruits; choose low-fat dairy products, lean meats and foods prepared with little or no fat; achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating; limit salt, alcohol and caffeine.

It recommends five to 12 servings of grain products, five to 10 servings of vegetables and fruit, two to four servings of milk products, and two to three servings of meat and alternatives every day.

Curry Weber said meat is one of

the food groups that should generally be consumed less because it contains high levels of protein and, on average, Canadians eat twice as much protein as they need.

"If you think of the grocery cart of the average person, the thing they always leave room for is meats," she said.

A 1994 study by Statistics Canada — Family Food Expenditure in Canada — says 23 per cent of the average weekly grocery bill is spent on meat. Only nine per cent is spent on vegetables.

Curry Weber said because meat is expensive and generally overconsumed, most people should buy less meat and add more vegetables to their diets. Vegetables are cheaper and generally underconsumed.

She said vegetarianism is not always the best alternative for improved nutrition because many who cut all meat from their diets don't replace all the nutrients meat contains. A kind of fifth food category is also consumed excessively, said Curry Weber.

People often leave too much room in their grocery carts for expensive others such as chips and cookies.

Canada's Food Guide to Healthy Eating says to eat these kinds of extras only in moderation.

Regardless which groceries are purchased, some Canadians still buy too many.

A survey published in the 1996 Report of Canadians' Eating Habits, by The Canadian Foundation for Dietetic Research, Dietitians of Canada and Kraft Canada, says 44 per cent of Canadians report some of the food they buy goes to waste.

Kitchener boasts 16 health clubs

By Corey Jubenville

There is no shortage of places for people to exercise in Kitchener — 16 locations are listed in the phone book under health clubs. Here are some of the places you might want to check out.

Good Life Fitness Clubs have two locations in Kitchener. One is a co-ed club for men and women, the other is a club for women only.

The biggest is the co-ed gym located at 159 King St. W. Christa Swain, manager, said the club is about 15,000 square feet and has a wide variety of equipment available to clients.

Swain said the club has a swimming pool and two whirlpools. There is an assortment of machines for people to use such as Cybex, Nautilus, stationary bikes and treadmills.

In addition, she said there are 32 fitness classes with trainers to help get you started, and free parking in the St. Mary's church parking lot.

Swain said membership costs about a dollar a day, or \$365 per year, depending on the package you sign up for.

The other Good Life Fitness Club is for women only and is

located at 1253 King St. E.

The club is 1,400 square feet and has equipment designed specifically for women, according to membership co-ordinator Christine Mader. She said the Paramount equipment is smaller than regular equipment to better fit women's bodies.

There are also three rooms with weights, cardiovascular equipment, such as stationary bikes, a cedar sauna and an aerobics facility, said Mader.

The club also features a day-care facility for \$2 an hour per child, trainers to assist you and free parking in front of the gym, she said.

Popeye's gym is located at 777 Weber St. E. and has two levels for members to use, according to gym attendant Bridgette Wilson.

Wilson said the upper level has weight lifting apparatuses such as Nautilus and free weights. The lower level contains cardiovascular equipment.

Wilson also said there is free parking and rates are \$129 for a four-month basic membership and \$169 for the membership with use of cardiovascular equipment.

If too much exercise makes you sore, there are numerous places

to get massage therapy. Two places in Kitchener are Christine's Healing Massage and Healing Hands Therapeutic Massage Clinic.


Christine's Massage is located at 165 Mill St. It is run by Christine Kosynski, who says she has been in massage therapy for 15 years and is a registered massage therapist.

Kosynski, who is also a registered nurse, said she mainly does Swedish massage, a type of deep rub massage. She said appointments are necessary because there is usually a one-week waiting list. Prices are \$30 for a half-hour or \$50 for an hour.

Healing Hands Therapeutic Massage Clinic is located at 756 Victoria St. S., and is run by Michella Kaduc and Susan Scroggins.

Kaduc said she has been in massage therapy for two years and both she and Scroggins are registered massage therapists. She said she mainly does Swedish massage for relaxation or sports treatment.


Appointments are necessary since there may be a wait of a couple of days, said Kaduc. Prices are \$35 for a half-hour and \$55 per hour.



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SPOKE



Natural medicine treats causes not symptoms

Naturopathy emphasizes holistic approach

By Tony Kobilnyk

Naturopathic medicine focuses on the patient, not just the disease, said Dr. Elizabeth Varga, a naturopathic doctor practising on the northern outskirts of Cambridge at the Woodside clinic.

"The whole idea of medical doctors is to hide or suppress symptoms rather than address the cause," she said.

Naturopathic medicine, she said, is a comprehensive approach to health care that deals with causes rather than symptoms.

"Medical doctors are good as a crutch," she said, "but naturopaths find the real cause of an illness. In this way they work to maintain health and quality of life. It's real preventative medicine."

Varga said that naturopathic doctors are not the quacks some people may think they are. In fact, she said they are highly trained and skilled in the methods of natural healing.

"Natural medicine just works so well and the whole idea of it makes so much sense."

Elizabeth Varga,
naturopathic doctor

She was trained at the Canadian College of Naturopathic Medicine in Toronto, the only school of its kind in Canada. The program took four years to complete and required students to have at least three years of pre-medical studies before attending. Varga said she graduated from the University of Waterloo with an honors degree in chemistry prior to applying to the naturopathic college.



Elizabeth Varga inspects borago officinalis, a natural source of omega three and six fatty acids. She cannot sell the plants but she keeps them for her personal use. (Photo by Tony Kobilnyk)

As a naturopathic doctor, she is now capable of treating patients with many different natural methods.

She said she can employ botani-

cal medicine, which includes Chinese and domestic herbs that exhibit a pharmacological effect on the body. Homeopathic medicine uses plant extracts which

Varga said step up the immune system by stimulating the body's natural healing power.

Nutritional therapy, acupuncture, manipulation of the joints, muscles and soft tissues and lifestyle counselling are some of the other techniques Varga said she is now qualified to employ for her patients.

"Natural medicine just works so well and the whole idea of it makes so much sense," she said. "It heals by providing the nutrition the body needs to energize its own immune system."

She said she once treated a man who had been receiving chemotherapy for cancer of the lymph tissue for about two years prior to visiting her. After about two months of treatment with diet, botanicals, counselling and exercise, Varga said, his problem was corrected and he has since become more healthy, vibrant and involved in his community.

Varga said she is concerned about the government's charge to regulate natural medicine by requiring drug identification numbers for many remedies currently available to patients. In one way, she said, she advocates the regulation because dosages for products will be established and it will be less likely people will overdose on natural medication.

On the other hand, she said many high quality, beneficial products will be unavailable to her and her patients.

"The cost to consumers of therapeutic remedies will skyrocket because companies will have to recover their costs of getting a DIN (drug identification number)," she said.

A professional line of quality products which have strict quality control standards is already available to naturopathic doctors, she said.

Herbal medicines

Changes will mean higher cost for health food

By Lisa Kloepper

Canadian alternative health food stores and practitioners may soon be unable to provide customers and clients with food supplements in the near future.

Joanne Brophy, a registered nutritional consultant in Kitchener, says the Health Protection Branch (HPB) of Health Canada is working to ensure natural food substances, that were always classified under the category of food, are given a drug identification number (DIN). When a product is given a DIN, it is then classified as a drug, and certain sales and dispensing restrictions apply.

Brophy said products like garlic and cayenne are potential targets for the restriction.

Goldenseal, cramp bark, and hawthorne are some products which have already been banned or restricted by the HPB.

The Canadian Coalition for Health Freedom is an organization of 13 professional health care associations who have challenged the restrictions.

The coalition is campaigning for legislation that protects alternative care practitioners' ability to administer natural food supplements.

"It is the right of my clients to be able to build their health up, and if these things are not going to be accessible, are we going to be able to continue to do that?" said Brophy.

When a product is given a DIN, its price will rise.

It costs money for a company to qualify a product with a DIN, and this will translate into higher costs for the consumer.

"Small herbal companies will be put out of business because of the DIN requirement," said Brophy.

"It would probably mean that I cannot sell it, as a practitioner, because it has a DIN," she said.

Brophy said another threat to the availability of food supplements comes from the Codex Alimentarius Commission.

Codex is made up of international scientists, government officials and corporate representatives who work to create an international standard on food labelling.

Student health

Bad health habits put students at risk

Regular exercise and good food necessary for prevention of illness

By Alison Shadbolt

Poor eating habits, lack of exercise and stress are the prime causes of health problems for students, according to the University of Waterloo's supervisor of health services.

Carole Hea said a combination of all three puts students at an even greater risk for injuries and viral infections, such as influenza and mononucleosis.

"I think a healthy lifestyle is probably the best thing to avoid these problems. That's good nutrition, sufficient rest and appropriate exercise."

The average person needs six to eight hours sleep per night, depending on the individual, said Hea. Students should exercise a minimum of three times a week for 20 minutes each session.

Everyone should try to follow

the daily recommendations for healthy eating in the Canada food guide, she said. Copies of the guide are available at Conestoga's health and safety office.

"I think what happens with students is they go for fast food, because of the time."

Stress can cause the immune system to break down, leaving students vulnerable to infections, said Hea. Students are overloaded with financial concerns, academic competitiveness and part-time jobs, she said.

"They just don't have enough time and that causes stress. Stress contributes to both viral infections and injuries."

Hea said regular exercise and learning coping skills are important in reducing stress. Students can attend stress management seminars through Conestoga's student services office or see a

counsellor there if they are having problems.

"We all cope differently. Some people enjoy baking and other people might enjoy walking or whatever."

Even people with healthy lifestyles may experience common health problems. If students suspect they have flu, they should see a doctor to confirm that it is not a bacterial infection, said Hea.

Viral infections can't be treated with prescription drugs, but eating properly and resting can shorten the length of the illness, she said. The flu usually lasts 48 hours, but symptoms can last a week if the patient doesn't rest.

If the infection is in the digestive tract, causing nausea, vomiting and diarrhea, people should avoid milk products and remember the acronym CRAB, said Hea. This means they should have clear

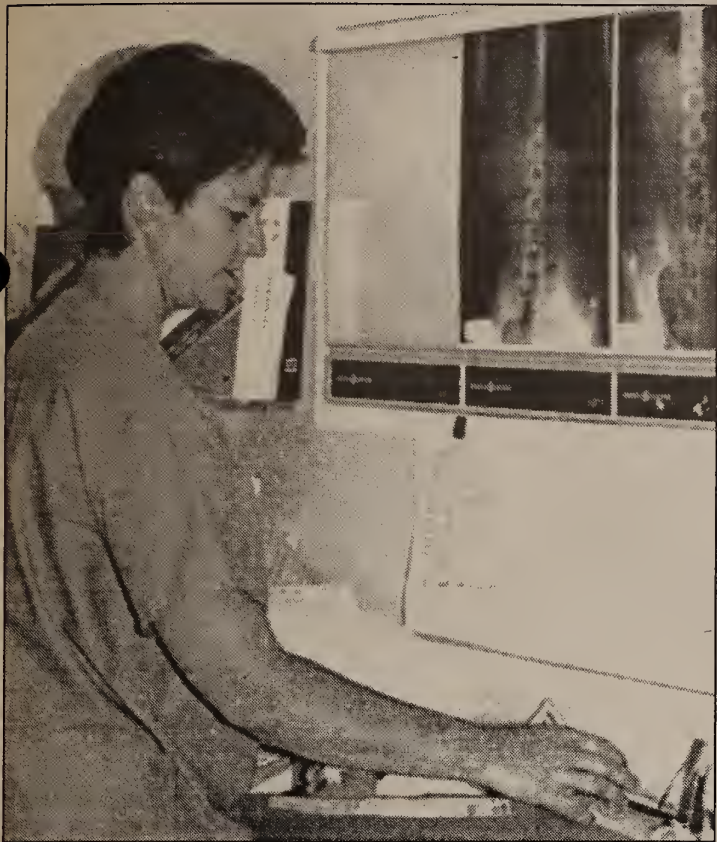
fluids, rice, apple sauce and bananas for 24 hours.

Injuries like sprained ankles and hamstring pulls are common, she said. They can be avoided by warming up before exercising and cooling down afterwards, and by wearing the proper safety equipment for the sport. People with injuries should see a doctor or nurse to ensure there are no broken bones, she said, then rest, apply ice, and elevate the area.

The campus physician, Dr. Jodie Wang, will not be available until Sept. 5, and nurse Trish Weiler will not return until Aug. 25, said Kim Radigan, Conestoga's coordinator of health, safety and environment.

However, Radigan will refer students who need medical assistance to an area clinic, depending on their complaints and where they live, she said.

Looking at the inside with diagnostic imaging



Linda Nelson, a diagnostic imaging technician at the Grey-Bruce Regional Health Centre in Owen Sound, reviews X-rays and prepares film bags. (Photo by L. Scott Nicholson)

By L. Scott Nicholson

Whether being studied as a patient or merely standing by as an observer, one cannot help but be impressed with the neverending advancements being made in medical science in terms of its technology and procedures.

Few hospital departments demonstrate the sheer scale of equipment and technology than that of a diagnostic imaging department.

Diagnostic imaging entails everything from the relatively simple X-ray to a more advanced procedure like a nephrostomy where a tube is surgically inserted into a patient's kidney to drain urine, while a physician watches the procedure on a monitor.

Diagnostic imaging procedures include CAT scans, ultrasounds, mammographies, magnetic resonance imaging (MRI) and angiographs.

Linda Nelson, a diagnostic imaging technician at the Grey-Bruce Regional Health Centre in Owen Sound, said a typical patient is initially ordered to have an X-ray.

An abnormal growth revealed on an X-ray then prompt the

physician to order further tests like a CAT scan for example, she said.

"With an X-ray, the image is superimposed onto the film but with something like a CAT scan, the image provides a cross-section of a particular area," Nelson said.

A cross-section will aid the physician in determining what the abnormal growth is, she said.

With so much expensive equipment at their disposal, physicians have a plethora of options when it comes to choosing what procedure they would like their patient to have.

Dr. Frank Greaves, the chief radiologist at the GBRHC said he thinks the most cost-effective diagnostic tool is the ultrasound.

"For the amount of information we can get without spending too much money, ultrasound is the answer," he said.

Greaves said diseases picked up by ultrasound are usually quite treatable.

"You're looking at conditions like gall stones, kidney stones and various problems that may arise during a pregnancy.

"If you save a baby, it makes a

great difference for everyone involved," he said.

Greaves compared the success of ultrasound to that of the highly priced MRI machines.

"MRI picks up elderly person's diseases that are often, untreatable," he said.

Although the Owen Sound hospital does not have an MRI machine, Greaves still hopes that within the next five years, the GBRHC will be in possession of such technology, despite the \$1.5 million price tag.

The newest piece of equipment in the diagnostic imaging department in Owen Sound is the bone densitometre.

The new machine, which cost \$85,000, will be particularly effective in assessing the bone health of post menopausal women, Greaves said.

"Hip fractures account for millions dollars of health care expenditures," the head radiologist said.

Greaves also said 20 per cent of those who have hip fractures die.

By addressing the problem before it becomes worse, with the use of the bone densitometre, Greaves said both lives and money will be saved.

Summer good for butting out

By Hunter Malcolm

For many cigarette smokers summer time is a great opportunity to quit their habit. It is a season of relaxing, taking a vacation from work or school.

Kyle Richie, 23, a recent graduate from the University of Western Ontario, said that with the burden of his classes concluded it was much easier to quit smoking cigarettes.

"During the school year I would never even consider quitting smoking," he said.

"I was not only not interested in quitting, but because I was addicted I found great satisfaction and enjoyment from lighting up," said Richie.

"Many smokers want to quit. They know cigarettes threaten their health, stain their teeth, set a bad example for their children, annoy non-smokers, and cost a lot of money," he said.

"The hardest part about quitting cigarettes was sticking to my personal commitment," said Richie.

Richie said he had decided to quit because he had graduated from university and was trying to save money for an extended trip to Australia.

"I not only felt like I didn't need them anymore, but they didn't fit into my budget. Nor was smoking as cool as it was in Grade 10," he said.

Despite his good intentions, Richie said he had troubles quitting "cold turkey".

"Of course, anyone who has ever tried to stop smoking cold turkey knows how difficult it is. It's easy to become restless and edgy. Eventually your irritability can get the better of you," Richie said.

After a couple setbacks in his personal drive for a renewed nicotine-free life Richie

decided to try some of the quitting aids available on the market today.

"I had a few lapses in will-power so I decided to try the nicorette gum. I chewed a lot of that stuff, it tasted terrible but it worked for a while," he said.

Richie said that about a month ago he decided to try the Nicoderm patch.

"I really wanted to quit but I was getting used to the flavor of the gum and didn't think it was strong enough to help me," he said.

The Nicoderm patch replaces some of the nicotine a person craves when they stop smoking by releasing nicotine through the skin into your bloodstream while you are wearing it.

According to the product's brochure, the patch may also help relieve other symptoms of nicotine withdrawal such as irritability, frustration, anger, anxiety, difficulty in concentration and restlessness.

The Nicoderm patches are available from a doctor or pharmacy.

Lori Bruder who works as a nurse at a walk-in medical clinic in Brantford said the patches are a popular way for smokers to quit their habit.

"We get a fair number of people coming in asking for information on the patch. Especially during summer, it seems more people are trying to quit," Bruder said.

Regardless of which aid a person uses in trying to beat their addiction, Bruder says that if they aren't 100 per cent committed to it they will likely start again.

"The physical withdrawal symptoms can be uncomfortable but if a person doesn't have the will to stop, it just makes the whole process that much worse and that's when most people start again," Bruder said.

"Anyone who has ever quit smoking cold turkey knows how difficult it is. Eventually your irritability can get the better of you."

*Kyle Richie,
former smoker*

Pregnant women should refrain from drinking alcohol, smoking

By Sarah Smith

A lack of exact evidence about the effects of smoking and alcohol on pregnant women and their babies means mothers should refrain from consumption to avoid health complications, said a public health nurse.

Chris Nanson, of the Region of Waterloo Reproductive Health Program, said that accurate research is not available because testing is difficult, so women should take precautions both before conception and during pregnancy.

"The more women who can refrain from any substance abuse, the better chance to have a healthy baby."

The causal effects of smoking are more definite, she said, because the evidence appears in the baby's lungs.

"The problem is the chemicals from the cigarette smoke get into the baby's blood in the uterus," she said. "The unborn baby gets 25 per cent less oxygen and does not grow properly."

As a result, children are either born too soon (37 weeks or less) or too small (2,500 grams or less) and often suffer health problems because their lungs aren't properly developed. "They often develop asthma or colds, coughs, bronchitis, pneumonia, ear infections and allergies," she said. "They're more apt to be hospitalized in the first year of life and they're more apt to be behind in reading and math skills when they're older."

The effects of alcohol on pregnant women are less detailed, but people are advised to stay away from drinking while trying to conceive and while pregnant.

"Doctors know there are damaging effects of excessive alcohol consumption

during pregnancy," she said.

Four abnormalities associated with the effects of alcohol are: fetal growth retardation (a small baby), fetal mental retardation, fetal alcohol syndrome and fetal effect syndrome (less noticeable), she said.

"The regular consumption of alcohol on a daily basis and binge drinking — single, massive exposures — in the early weeks of pregnancy, have a known cause and effect."

Miscarriages and still-borns are also

common effects among women who consume alcohol during pregnancy, according to a guide called Women and Alcohol, put out by Action on Women's Addictions - Research and Education, and the Addiction Research Foundation.

Drinking a lot of alcohol while breastfeeding is also not recommended, according to the guide, because the alcohol passes into the breast milk and may affect how well the baby reacts to the world around him or her. The guide recommends that women who drink alcohol should do it before, not after, feeding.

Nanson said all these effects are costly for the health-care system. The low birthrate in Canada is just under seven per cent, she said, which amounts to 35 per cent of the money spent on infant health care. "They cost a heck of a lot of money because the babies are in the hospital for a long time so they have high technology requirements and high staff requirements," she said.

For further information about the effects of smoking and alcohol during pregnancy, Nanson recommends Murray Enkin's Guide to Effective Care in Pregnancy and Childbirth.

"The more women refrain from any substance abuse, the better chance to have a healthy baby."

*Chris Nanson,
Region of Waterloo
Reproductive Health Program*

Bumble Puppy: brave new band plays Mrs. Robinson's



Bumble puppies Tim Forbes, drums, Jared Siebert, guitar, and Jason Erb, bass, played at Mrs. Robinson's in Kitchener July 13.

(Photo by Ellen Douglas)

By Ellen Douglas

July 13 was showcase day at Mrs. Robinson's, so anyone who wanted to stuff him or herself into a smoky bar on a beautiful Sunday afternoon could do so for a fee of \$3.

For those who decided to skip the beach, Mrs. Robinson's (located at the corner of Weber and Victoria Streets) offered local bands and a lot of heavy, but entertaining, sounds.

The first act to play was a Kitchener-based band called Bumble Puppy. Lead singer and guitarist Jared Siebert, bass player Jason Erb and drummer Tim Forbes have been playing together for a year and a half.

Siebert, 22, describes their music as art pop rock.

If this means nothing to you, I thought they sometimes sounded like a heavier, louder version of David Bowie, or better yet Space Hog.

They often incorporated spacy synthesizer music and Siebert's voice often had Bowie-esque intonations. I even caught a reference to "Major Tom" in one of their songs (but maybe this was just a coincidence).

Bumble Puppy listed Radio Head, American Music Club, My Bloody Valentine, and The Cure

as their main influences. Bowie and Space Hog weren't mentioned which leads me to believe they either don't know they sound similar, or the similarities were a figment of my imagination.

All the songs Bumble Puppy performed were original collaborations between all the band members. Siebert said they try to keep their songs emotionally and spiritually intense.

From what I heard I'd have to agree. Unfortunately, some of the emotional and spiritual intensity was lost on me because the loud drums and guitar (which were otherwise excellent) sometimes drowned out Siebert's voice.

The band said they're working on this, so I'm sure next time I see them it will be much better.

Bumble Puppy is not only fun to listen to, it's fun to watch too. Siebert's Eddie Van Halen faces are a blast. The band members have energy and youth on their side.

Bumble Puppy has a CD out called *An Evening at the Feelies*. Members describe it as a concept album based on novels such as *Brave New World* and *Animal Farm*.

I'm interested enough to pick up a copy; it might be the best way to get the band's spiritual and emotional message.

Michael preaches love in last visit to Earth

By Alison Shadbolt

If you're in the mood for big-budget action, high drama or slapstick comedy, you should probably skip *Michael*, now out on video.

The movie received lukewarm reviews when it opened in theatres last year for its meandering storyline about a decidedly unsaintly angel (John Travolta) on his last mission on earth. But *Michael*, directed by Nora Ephron (Sleepless in Seattle) is more about its simple message of love and life than its plot.

Frank Quinlan (William Hurt), Dorothy Winters (Andie MacDowell) and Huey Driscoll (Robert Pastorelli) are employees of the National Mirror, a trashy Chicago tabloid whose mascot is a long-haired Jack Russell called Sparky.

When Quinlan receives a letter from an elderly Iowa woman (Jean Stapleton of television's *All in the Family*), who says an angel has been staying at her motel for six months, the group goes after the story to save their jobs and Sparky from their tight-fisted boss (Bob Hoskins of *Who Saved Roger Rabbit?*).

The angel agrees to a road trip back to Chicago because it suits his own aim: to spark love between Quinlan and Winters. However, as Michael tells Sparky one morning, "It's a difficult case, though, to give a man back his heart." Especially when Winters has a secret that could destroy the tenuous ties forming between the two characters.

Most of the roles in *Michael* are no stretch for the actors.

MacDowell (of *Four Weddings and a Funeral*) plays a thrice-divorced woman whose unlucky experiences have left her so weary of being betrayed that her favorite hobby is writing country and western songs.

Hurt (of *The Accidental Tourist*) is a cynical reporter with a downhill career, who vows never to fall in love.

The least notable character is played by Pastorelli (Eldin in television's *Murphy Brown*). As Sparky's owner, his only purpose in the film seems to be as a vehicle for the dog.

Travolta, still flying high on his comeback sparked by *Pulp Fiction*, plays the only truly interesting character. He makes his entrance as the overweight, crude, chain-smoking angel in boxer shorts and a pair of magnificent white wings.

It's Michael's last of 26 visits to earth and he's determined to enjoy every last aspect of life, from apple pie and sex to the world's largest ball of twine.

Instead of disgusting the audience with the gluttonous, childish angel, Travolta manages to draw them to his character and make them, along with Quinlan and Winters, catch some of his spirit. The aim of this feel-good film is not to leave the audience thinking salt, cigarettes and fat are the keys to happiness, but to make us realize we have to concentrate on what's really important: love of others, ourselves and life in general.

Code book plays on millennium fever

By Tim Kylie

A best-seller in Canada, Michael Drosnin's *the Bible Code* gives serious treatment to a new form of an old phenomenon.

In 1992, Drosnin, a journalist formerly with the Washington Post and Wall Street Journal, stumbled onto a system for "fortune telling at the international level" that seemed to make accurate predictions.

The difference between the Bible Code and tea leaves or tarot cards is the code's backing by the scientific community.

In summary, the code is a series of names, dates and events which can be deciphered from the Hebrew Bible when the text is run together and a set number of letters is skipped to form new words.

A group of Israeli mathematicians discovered the code when they created a computer program to search for hidden words. They published their findings in the journal *Statistical Science* in 1992, and they have not yet faced a scientific challenge.

The statistical odds against the names and dates the scientists found hidden in the book of Genesis appearing together by chance were determined to be one in 10 million.

Drosnin, intrigued by the find-

ings, acquired his own computer program and began searching for names and dates beyond the limits of a controlled experiment.

Not overly impressed by finding "Nixon" encoded with "Watergate" and "1974", or "man on the moon" with "spaceship" and "Apollo 11", Drosnin became convinced of the predictive power of the code after the death of former Israeli Prime Minister Yitzhak Rabin.

A year before Rabin's death in 1995, Drosnin had found his name encoded with "assassin will assassinate." He tried to warn Rabin, but the prime minister didn't believe his life was endangered.

The Bible Code has some unusual features for a popular work of non-fiction. It includes dozens of diagrams displaying the various forms of acrostics and word puzzles that form messages in the Old Testament against incredible odds.

The skeptical reader can further check on Drosnin by referring to the original scientific report published in *Statistical Science* in '92, *Equidistant Letter Sequences in the Book of Genesis*, which is included as an appendix.

The book is not overly complicated, and Drosnin does a good job translating statistical science into real English. However, one can't help getting the impression

this is a short book (232 pages including 50 pages of notes) that should have been shorter.

Drosnin really has about four points, which he repeats throughout: he is not religious, but is a serious, secular journalist; the code does not prove the existence of God, but rather of a "non-human" intelligence; the code only contains probable outcomes of destiny; and human fate is not predetermined but is changeable if we heed warnings.

The author doesn't play his strength, which is the telling of a suspenseful narrative of what happened after he found the prediction of atomic holocaust in Israel in 1996. He cuts off the narrative after the third chapter and only picks it up again five chapters later at the end of the book.

The effect is something like taking every shred of plot out of an X-Files episode and leaving David Duchovny's character to drone on about the truth being out there each Sunday for an hour.

Unfortunately, Drosnin seems to believe asking a lot of rhetorical questions will maintain the suspense.

"Is the Bible Code merely giving a scientific gloss to millennium fever?" he asks.

"Why yes, of course," replies the discouraged reader.

Corrections

In a photo on page 10 in the July 14 issue of Spoke, four children were misidentified in the cutline. Their family name should have read Post.

In a story on page 9, it was implied that Thomas Kelley's book, *The Black Donnellys*, is a work of fiction. The book is actually an historical account.